

Unit 2

HEALTH



A. PHONETICS

I Find the word which has a different sound in the part underlined.

- | | | | |
|------------------------|-----------------------|-----------------------|---------------------|
| 1. A. surf <u>u</u> | B. roof <u>u</u> | C. of <u>o</u> | D. f <u>a</u> ther |
| 2. A. laugh <u>u</u> | B. though <u>u</u> | C. cough <u>u</u> | D. enough |
| 3. A. mach <u>i</u> ne | B. chem <u>i</u> cal | C. Ch <u>r</u> istmas | D. backach <u>e</u> |
| 4. A. ch <u>i</u> n | B. arch <u>i</u> tect | C. mech <u>a</u> nic | D. headach <u>e</u> |
| 5. A. rough | B. f <u>a</u> st | C. altho <u>u</u> gh | D. f <u>e</u> rry |

II Put the words into the correct column according to the underlined part.

w <u>i</u> fe	w <u>i</u> ves	o <u>f</u>	v <u>a</u> in	laugh	cough
l <u>i</u> ve	enough	v <u>i</u> ctory	para <u>g</u> raph	in <u>v</u> ention	rou <u>g</u> h

/f/	/v/
.....	
.....	

B. VOCABULARY AND GRAMMAR

III Find one word which does not belong to each group.

- | | | | |
|-------------------|-----------------|----------------|--------------|
| 1. A. temperature | B. toothache | C. earache | D. earrings |
| 2. A. lemonade | B. orange juice | C. vitamin | D. milkshake |
| 3. A. eating | B. walking | C. jogging | D. running |
| 4. A. vegetable | B. allergy | C. fruit | D. junk food |
| 5. A. itchy | B. weak | C. weight | D. healthy |
| 6. A. good | B. tired | C. comfortable | D. relaxed |
| 7. A. swimming | B. watching | C. reading | D. listening |
| 8. A. volleyball | B. running nose | C. baseball | D. swimming |
| 9. A. flu | B. cold | C. fever | D. necklace |
| 10. A. fit | B. toothache | C. healthy | D. strong |

IV Look at the pictures and complete the sentences using the words below.

a running nose

junk food

cycles to school

does morning exercise



1. You shouldn't eat too much because it will make you fat.



2. My father everyday to keep fit.



3. In cold weather, children easily have



4. He everyday because it is good for his health.

V Match the illness with the suitable symptom.

- | | | |
|----------------|---------|---|
| 1. toothache | 1. | a. you have a high temperature |
| 2. fever | 2. | b. a pain in your tooth when you have a cavity in your tooth |
| 3. sore throat | 3. | c. you make a loud sound which sometimes affects people around you. |
| 4. stomachache | 4. | d. a pain in your stomach. |
| 5. cough | 5. | e. a pain in your throat |

VI Complete the following sentences with “more” or “less”.

1. Drink water but coffee.
2. Eat meat but vegetables.
3. Spend time on video games.
4. Do exercise.
5. Eat candy.
6. Cycle to school
7. Spend time playing sports.
8. Spend money buying junk food.

VII Complete these sentences using “or, and, but, so”.

1. If you want to be fit and healthy, you should eat less junk food more vegetables.
2. Which activity is better for us, playing sports watching TV?
3. She wants to stay in shape, she does morning exercise everyday.
4. Sports like riding a bicycle running use a lot of calories.
5. The expert says that cycling uses more calories than walking, running uses the most calories of all.

VIII Find and correct the mistakes in the following sentences.

1. You should eat more sweets because you may havea toothache.
2. It will be good for her if she relaxmore.
3. You shouldn'ttake up a sport. It will makeyour health better.
4. Drink more water, but you will not be so thirsty.
5. He has a toothache, and he still eatsa lot of sweet things.

IX Choose the best answer A, B, C or D.

1. Eating too much will be harmful for your health.
A. vegetables B. junk food C. healthy food D. fresh food
2. Do you think that playing outside all day will make you get?
A. a sore throat B. a toothache C. sun burn D. a cold
3. You should be careful with you eat and drink.
A. what B. who C. why D. when
4. If you eat that strange food, you may get a/an
A. backache B. allergy C. fever D. temperature
5. If you follow a balanced diet, you will have a healthy
A. life B. style C. house D. line
6. Eating drinking healthy things will keep you fit.
A. or B. although C. but D. and
7. He will take part in an event. In this event, he will run, jump..... swim.
A. and B. but C. though D. or
8. Don't drink too much milk,..... you will gain your weight.
A. so B. or C. and D. but
9. The doctor advised him to play more sports and computer games.
A. more B. little C. less D. least
10. Your eyes will feel dry if you watch TV read comic books a lot.
A. and B. but C. though D. so
11. To healthy, you need between 1,600 and 2,500 calories.
A. let B. stay C. make D. do
12. I ate too much seafood, so I had a/an yesterday.
A. earache B. backache C. stomachache D. headache
13. We shouldn't spend much time TV and games.
A. watching/play B. to watch/ to play
C. watching/ playing D. to watch/ playing
14. My brother eats a lot of junk food, so he on a lot of weight.
A. turns B. takes C. brings D. puts
15. Eat more vegetable drink less beer and coffee.
A. or B. and C. but D. so